

SABOR A MI III

Dance By: Dawn Mee, 2626 E. Norm Place, Anaheim, CA 92806, (951) 206-1746, Dawnadele57@gmail.com
CD Music: "Sabor A Mi III" by Luis Miguel
MP3 Download: Available through Amazon:
https://amazon.com/music/player/albums/B0017TD7TE?marketplaceId=ATVPDKIKX0DER&musicTerritory=US&ref=dm_sh_CMSKOfnj641ZfpL4onPVWXIHf&trackAsin=B0017TD91A
YouTube Link: <https://youtu.be/TjLhdHwE2EE>
YouTube Video: <https://youtu.be/1wfnO4xiNol>
Rhythm/Phase: Bolero. ROUNDALAB Phase III+2+1 [Cross Body, Qk Hip Rocks] +1 [Bk Shldr to Shldr]
Difficulty: Average
Footwork: Opposite, directions for W (except where noted) **Time:** 3:05 @ 100% Download Speed
Sequence: Intro, A, B, C, A, D, C, End **Released:** August 2022

INTRO

[BFLY WALL] WAIT;; CRAB WALK 6;;

- 1-2 Wait 2 measures in BFLY WALL;;
3-4 Sd L with body rise, -, XRIF, sd L; XRIF, -, sd L, XRIF twd LOD;

[BFLY WALL] UNDERARM TRN; REV UNDERARM TRN to CP; HIP LIFT; SD, DRAW TCH:

- 5 Sd L with body rise, -, XRIB lowering, fwd L (*W sd R with body rise comm RF trn under joined lead hands, -, XLIF lowering and cont 1/2 RF trn, fwd R comp trn*) to fc;
6 Sd R with body rise, -, XLIF lowering, bk R (*W sd L with body rise comm LF trn under joined lead hands, -, XRIF lowering and cont 1/2 LF trn, fwd L comp trn*) to CP WALL;
7 Sd L bringing R foot to L, -, with slight pressure on R foot lift R hip, lower R hip;
8 Sd R, -, draw L to R, tch L;

PART A

[CP WALL] BASIC;; SPOT TURN to RT HND SHAKE; SHADOW NEW YORKER – 2X;;

- 1-2 Sd L with body rise, -, bk R with slipping action, fwd L; Sd R with body rise, -, fwd L with slipping action, bk R;
3 Sd L with body rise comm body trn, -, XRIF thru to LOD lowering and cont trng trng 1/2 LF, fwd L comp trn to R HND SHK WALL;
4-5 Sd R with body rise, -, XLIF thru to SHADOW RLOD with slipping action lowering, rec R to R HND SHK WALL; Sd L with body rise, -, XLIF to SHADOW LOD with slipping action lowering, rec L to R HND SHK WALL;

[R HND SHK WALL] LUNGE BREAK; SPOT TRN to BFLY; FWD BREAK to CP;

- 6 Sd and fwd R with body rise, -, lower on R and extend L to sd and back comm slight RF body trn leading W back, rec R comm slight LF body trn (*W sd and bk L with body rise, -, bk R with contra check like action, fwd L*);
7 Repeat PART A Meas 3 to BFLY;
8 Sd and fwd R with body rise to LOP FCG extending R arm to sd, -, fwd L with contra check like action, bk R (*W sd and bk L with body rise blending to LOP FCG extending L arm to sd, -, bk R with contra check like action, fwd L*) to CP WALL;

PART B

[CP WALL] CROSS BODY fc COH; FWD BASIC; CROSS BODY fc WALL; FWD BREAK to BFLY;

- 1 Sd and bk L trng LF, -, bk R with slipping action trng LF, fwd L trng LF (*W sd and fwd R, -, fwd L crossing in front of M trng LF, sm sd R*) to CP COH;
2 Sd R with body rise, -, fwd L with slipping action, bk R;
3 Repeat Part B Meas 1 to CP WALL;
4 Repeat Part A Meas 8 to BFLY;

[BFLY WALL] FENCE LINE; SHLDR to SHLDR – 2X;; HAND to HAND to OP LOD;

- 5 Sd L with body rise, -, X lunge R thru to LOD with bent knee looking twd LOD, bk L;
6-7 Sd R with body rise, -, XRIF to BFLY BJO lowering, bk L to fc ptr; Sd R with body rise, -, XLIF to BFLY SCAR lowering, bk R to fc ptr (*W sd R with body rise, -, XLIF to BFLY BJO lowering, fwd R to fc ptr; Sd L with body rise, -, XRIB to BFLY SCAR lowering, fwd L to fc ptr*);
8 Sd R with body rise, -, swvl 1/4 on R to OP LOD step bk on L lowering, fwd R;

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PART C

[OP LOD] BOLERO WALK 6 to BFLY;; UNDERARM TRN to FC; OP BREAK:

- 1-2 Fwd L with body rise, -, fwd R, fwd L; Fwd R with body rise, -, fwd L, fwd R blending to BFLY WALL;
- 3 Repeat INTRO Meas 5;
- 4 Sd and fwd R with body rise extending R arm to sd to LOP FCG, -, bk L lowering, fwd R (*W sd and bk L with body rise extending R arm to sd to LOP FCG, -, bk R lowering, fwd L*) to BFLY;

[BFLY WALL] BK SHLDR to SHLDR – 2X;; UNDERARM TRN to CP; SD, DRAW TCH:

- 5-6 Sd L with body rise, -, XRIB to BFLY SCAR lowering, fwd R to fc ptr; Sd R with body rise, -, XLIB to BFLY BJO lowering, fwd L to fc ptr (*W sd R with body rise, -, XLIF to BFLY SCAR lowering, bk R to fc ptr; Sd L with body rise, -, XRIF to BFLY BJO lowering, bk L to fc ptr*);
- 7 Repeat INTRO Meas 5;
- 8 Repeat INTRO Meas 8;

Repeat Part A

PART D

[CP WALL] HIP LIFT – 2X;; CROS BODY fc COH; FWD BASIC:

- 1-2 Sd L bringing R foot to L, -, with slight pressure on R foot lift R hip, lower R hip; Sd R bringing L foot to R, -, with slight pressure on L foot lift L hip, lower L hip;
- 3 Repeat Part B Meas 1 to CP WALL;
- 4 Repeat Part B Meas 2 to BFLY;

[BFLY WALL] CROS BODY fc WALL; FWD BREAK to BFLY; HAND to HAND – 2X to OP LOD;;

- 1 Repeat Part B Meas 3;
- 2 Repeat Part B Meas 4;
- 3 Sd L with body rise, -, swvl 1/4 on L to OP RLOD step bk on R lowering, fwd R trng to fc ptr;
- 4 Repeat Part B Meas 8;

Repeat Part C

END

[CP WALL] BASIC;; SPOT TURN; NEW YORKER ;

- 1-2 Repeat Part A Meas 1-2;;
- 3 Repeat Part A Meas 3 to BFLY WALL;
- 4 Sd R with body rise, -, XLIF thru to RLOD with slipping action lowering, rec R trng to fc ptr; Sd L with body rise, -, XLIF to LOD with slipping action lowering, rec L trng to fc ptr;

[BFLY WALL] TIME STEP – 2X to LOW BFLY;; 2 QK HIP RKS., UNDERARM TRN; OP BREAK to BFLY;

- 5-6 Sd L with body rise, -, XLIB lowering, fwd R; Sd R with body rise, -, XRIB lowering, fwd L to LOW BFLY;
- 6.5 Rk sd L rolling hip sd & bk, rk sd R rolling hip sd & bk,
- 7.5 Repeat INTRO, Meas 5;
- 8.5 Sd and fwd R with body rise extending R arm to sd to LOP FCG, -, bk L lowering, fwd R (*W sd and bk L with body rise extending R arm to sd to LOP FCG, -, bk R lowering, fwd L*) to BFLY WALL;

[BFLY WALL] CRAB WALK 6 to CP;; SD CORTE, LADY CARESS:

- 9.5-10.5 Repeat INTRO Meas 3-4 to CP;;
- 11 S Step sd L flexing supporting knee and looking at partner leaving R leg extended with toe pointing to floor, -, (*W step sd R flexing supporting knee looking at partner leaving L leg extended with toe pointing to floor, using left hand caress man's right cheek*) -, -;

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HEAD CUES

Intro, A, B, C, A, D, C, End

INTRO

[BFLY WALL] WAIT;; CRAB WALK 6;; UNDERARM TRN; REV UNDERARM TRN to CP; HIP LIFT; SD, DRAW, TCH;

PART A

[CP WALL] BASIC;; SPOT TURN to RT HND SHAKE; SHADOW NEW YORKER – 2X;; LUNGE BREAK; SPOT TRN to BFLY;

FWD BREAK to CP;

PART B

[CP WALL] CROSS BODY fc COH; FWD BASIC; CROSS BODY fc WALL; FWD BREAK to BFLY; FENCE LINE;

SHLDR to SHLDR – 2X;; HAND to HAND to OP LOD;

PART C

[OP LOD] BOLERO WALK 6 to BFLY;; UNDERARM TRN to FC; OP BREAK; BK SHLDR to SHLDR – 2X;;

UNDERARM TRN to CP; SD, DRAW TCH;

PART A

[CP WALL] BASIC;; SPOT TURN to RT HND SHAKE; SHADOW NEW YORKER – 2X;; LUNGE BREAK; SPOT TRN to BFLY;

FWD BREAK to CP;

PART D

[CP WALL] HIP LIFTS – 2X;; CROS BODY fc COH; FWD BASIC; CROS BODY fc WALL; FWD BREAK to BFLY;

HAND to HAND -2X to OP LOD;;

PART C

[OP LOD] BOLERO WALK 6 to BFLY;; UNDERARM TRN to FC; OP BREAK; BK SHLDR to SHLDR – 2X;;

UNDERARM TRN to CP; SD, DRAW TCH;

END

[CP WALL] BASIC;; SPOT TURN; NEW YORKER ; TIME STEP – 2X to LOW BFLY;; 2 QK HIP RKS., UNDERARM TRN;

OP BREAK to BFLY; CRAB WALK 6 to CP;; SD CORTE, LADY CARESS;